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RELATED OCCUPATIONAL TITLES

This analysis covers tasks found in occupations having the following names, as identified by the different provinces and territories of Canada:

Cooking
Cooking (Commercial)

LIST OF OCCUPATIONAL ANALYSES

* Aircraft Gas Turbine Engine Repair and Overhaul Technician

Aircraft Structural Repair Technician (1992)

Aquaculture Technician (1977)

Arts Administrator (1989)

♦ Automotive Partsperson

♦ Automotive Service Manager

AUTOMOTIVE SERVICE TECHNICIAN (1990)

* Automotive Technician - Air-Conditioning, Engine Cooling and Heating

Automotive Technician - Automatic Transmission (1990)

* Automotive Technician - Diagnostic

Automotive Technician - Electrical/Electronics (1991)

Automotive Technician - Engine Repair and Fuel Systems (1989)

Automotive Technician - Front-End (1989)

Automotive Technician - Manual Transmission, Driveline and Brakes (1990)

BAKER (1991)

Blaster (Surface) (1987)

\+ **BOILERMAKER (1978)**

♦ **BRICKLAYER AND STONEMASON (1982)**

* **CABINETMAKER**

* **CARPENTER (1982)**

Cement Finisher (1983)

CONSTRUCTION ELECTRICIAN (1990)

COOK (1991)

* Crane Operator (1984) - Next edition will be Red Seal

Electrical Mechanic (1981)

♦ **ELECTRONICS TECHNICIAN - CONSUMER PRODUCTS**

Electronics Technician Vol. I (1986)
(Video Equipment)

Electronics Technician Vol. II (1986)
(Audio Equipment)

Electronics Technician Vol. III (1986)
(Computer Equipment)

Electronics Technician Vol. IV (1986)
(Office Equipment)

Electronics Technician Vol. VI (1986)
(Communication Equipment)

Electronics Technician Vol. VII (1986)
(Signaling Equipment)

Electronics Technician Vol. VIII (1986)
(Navigation Equipment)

Electronics Technician Vol. IX (1986)
(Video Game Equipment)

Electronics Technician Vol. X (1987)
(CADD Equipment)

Electronics Technician Vol. XI (1987)
(CAM Equipment)

Electronics Technician Vol. XII (1987)
(Robotics Equipment)

Electronics Technician Vol. XIII (1987)
(Biomedical and Laboratory Equipment)

Electronics Technician Vol. XIV (1987)
(Industrial Process-Control Equipment)

\+ Farm Equipment Mechanic (1981)

FLOORCOVERING INSTALLER (1991)

\+ Glazier (1986) - Next edition will be Red Seal

* Hairstyling and Barbering (1980) - Next edition will be Red Seal

Heating (Gas and Oil) Servicer - Commercial and Industrial (1978)

\+ **HEAVY EQUIPMENT MECHANIC (1987)**

Heavy Equipment Operator (1983)

* Home Builder - Low Rise

INDUSTRIAL ELECTRICIAN (1987)

INDUSTRIAL INSTRUMENT MECHANIC (1988)

INDUSTRIAL MECHANIC (MILLWRIGHT) (1988)

Informatics (1980)

♦ **INSULATOR (HEAT AND FROST)**

Interior Wall and Ceiling Finisher (1978)

♦ Ironworker (1977) - Next edition will be Red Seal

LINEMAN (1988)

* **MACHINIST (1984)**

Major Electrical Appliance Repairer (1984)

MOTOR VEHICLE BODY REPAIRER (1989)

♦ **MOTOR VEHICLE REPAIRER (TRUCK AND TRANSPORT) (1983)**

\+ **OIL AND SOLID FUEL HEATING MECHANIC (1986)**

♦ **PAINTER AND DECORATOR (1983)**

PLUMBER (1989)

Power Engineer (1986)

REFRIGERATION AND AIR-CONDITIONING MECHANIC (1989)

* Renovation Contractor - Residential

ROOFER (1991)

SHEET METAL WORKER (1990)

SPRINKLER SYSTEM INSTALLER (1986)

STEAMFITTER-PIPEFITTER (1989)

* Tool and Die Maker (1984) - Next edition will be Red Seal

WELDER (1989)

* new edition available - 1992-1993
♦ being processed
\+ scheduled for development or revision - 1992
RED SEAL ANALYSES ARE INDICATED IN CAPITAL BOLD LETTERS

REQUESTS FOR THESE PUBLICATIONS SHOULD BE FORWARDED TO:

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FOREWORD

The first National Conference on Apprenticeship in Trades and Industries, held in Ottawa in 1952, recommended that the federal government be requested to co-operate with provincial apprenticeship committees and officials in preparing analyses of a number of skilled occupations. To this end, Employment and Immigration Canada sponsors a program, under the guidance of the Canadian Council of Directors of Apprenticeship, to develop a series of analyses.

The Occupational Analysis Program has the following objectives:

- to identify and group the tasks performed by skilled workers in particular occupations;
- to identify those tasks that are performed by skilled workers in every province and territory;
- to develop instruments for use in the preparation of interprovincial standards "Red Seal" examinations and curricula for training leading to the certification of skilled workers;
- to facilitate the mobility, in Canada, of trainees and skilled workers; and
- to supply employers and employees, and their associations, industries, training institutions and governments with analyses of the tasks performed in particular occupations.

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GUIDE TO ANALYSIS

SCOPE OF ANALYSIS

For the purpose of this analysis, a cook is a fully qualified tradesperson who will:

- be able to prepare, cook and present foods in an efficient and appropriate manner;
- be thoroughly familiar with safety requirements and safe work practices;
- be thoroughly familiar with health regulations pertaining to food so as to prevent food poisoning; and
- be aware of and practise good personal hygiene.

This industry is divided into two sectors, Hotel/Restaurant and Institutional/Catering. Each offer an opportunity to utilize the skills outlined in this analysis. Each area has limitations as to the ability to require utilization of all the skills in one operation. It should be noted that due to the specialization of menus and rising cost of food it will not always be possible for cooks to utilize all their skills with any one food service establishment. For this reason it is recommended that a person wanting to increase proficiencies in particular skills will have to work in more than one food service operations.

Some of the tasks identified in this analysis overlap into the trade of baker and meat cutter. A cook with a certificate of qualification however would not be required to be proficient in performing these overlapping skills.

Depending on the size of the operation, a certified cook could be asked to perform all of the tasks in this analysis. The larger the operation, the more specialized tasks will be required. A certified cook with proficiencies in multiple tasks would have the ability to be more flexible and therefore be able to adjust to present and future trends and have better job opportunities.

This analysis is neither a course outline nor is it intended to indicate that the tasks and sub-tasks should be mastered in the sequence shown. The primary purpose is to serve as a guide for the development of institutional and on-the-job training programs.

DEVELOPMENT OF ANALYSIS

A draft of this analysis was prepared by persons having extensive knowledge and experience in the cook occupation.

The draft was then assigned to occupational analysts of Employment and Immigration Canada for review and edit to ensure conformity with the nationally approved format.

The analysis was then forwarded to provincial/territorial authorities for validation by specialists in the field. Their recommendations were assessed and incorporated in the analysis.

The final draft has been translated and printed in both official languages.

STRUCTURE OF ANALYSIS

To facilitate the understanding of the nature of the occupation, the work performed is divided into the following divisions.

A. **BLOCK** - is the largest division within the analysis and reflects a distinct operation relevant to the occupation.

B. **TASK** - is the distinct activity, that combined with others, makes up the logical and necessary steps the worker is required to perform to complete a specific assignment within a "BLOCK".

C. **SUB-TASK** - is the smallest division into which it is practical to sub-divide any work activity and, combined with others, fully describes all duties constituting a "TASK".

Enabling Objectives

That element of skill and knowledge that an individual must acquire to perform the task adequately.

Trend

Any shifts or changes in technology that affect the sub-tasks are identified under this heading.

OBSERVATIONS AND TRENDS ARISING FROM ANALYSIS

During the past five years, cooks have started to change their cooking styles to reflect the general trend to lighter, healthier and additive free cuisines. This however is a slow process that is determined more by customer preference than a sudden change in menus.

As customers are more conscious of healthier foods they are also asking for modified recipes that could include low sodium and low cholesterol ingredients. For this reason this analysis includes a new section, Block L - Basic Nutrition, that identifies tasks to reflect these customers' preferences.

Even though the cutting of full sides of beef and other meats has decreased rapidly in the past five years, a cook however should still retain this skill. This is difficult to do when vacuum sealed packaging has increased drastically.

New technologies have provided limited advantages to decrease the labour intensive nature of this occupation. There are more effective and efficient types of equipment that will assist in providing greater yields and quality of products, i.e. slow cooking ovens and convection steamers.

The requirement to have a certificate of qualification for this occupation is increasing. Employers realize that a certified cook provides a level of expertise that will ensure quality.

VALIDATION METHOD

At the request of the Canadian Council of Directors of Apprenticeship (CCDA), the Standardization Sub-Committee developed a new format for the validation of the national Red Seal occupational analyses.

A draft of this analysis was sent to all provinces/territories for validation. Each jurisdiction rated the sub-tasks and applied percentage ratings to blocks and tasks. This format for the validation of the national occupational analyses identifies common core tasks across Canada for a specific occupation. This feature facilitates the weighting of the Interprovincial Red Seal examinations.

DEFINITIONS

YES:	the sub-task is performed.
NO:	the sub-task is not performed.
BLOCK %:	the percentage of time a tradesperson spends performing tasks within the block in a given year, taking into consideration the complexity (importance plus difficulty) of the block.
TASK %:	the percentage of time a tradesperson spends performing each task in relation to other tasks within the block, taking into consideration the complexity (importance plus difficulty) of the task.
NV:	Not Validated by the province/territory.
ND:	Not Designated in that province/territory.

COMMON CORE

The criteria for determining common core is dependant on the performance of sub-tasks. If 70% of the responding jurisdictions (excluding NVs and NDs) perform the sub-task, it shall be considered common core.

In the analysis, Block A is reserved for safety practices. Since safety practices are a mandatory feature of all occupations, it is considered common core and ratings are not required.

Interprovincial Red Seal examinations are based on the common core identified through this validation process.

PERCENTAGE RATINGS (APPENDIX C)

In this appendix, blocks are assigned provincial and territorial percentage ratings. This figure represents the percentage of time a tradesperson spends performing all tasks within the block, in a given year.

Tasks are also assigned a percentage rating which represents the approximate time spent by a tradesperson on each task in relation to other tasks within the block.

The percentage totals, as submitted by the provinces/territories, equal 100% as do the national averages.

BLOCK PERCENTAGES (APPENDIX D)

The graph depicts the national percentages assigned to blocks in the analysis, except for Block A which is not rated.

ANALYSIS

BLOCK A SANITATION AND SAFETY PRACTICES

Task 1 **Applies accident prevention principles, practices and techniques to ensure a safe, injury-free work performance.**

Trend: Due to the increased expense of workers' compensation assessments, employers are providing employees with the knowledge to work in a safe environment. The Workplace Hazardous Materials Information System (WHMIS) has been legislated across Canada as of October 31, 1988.

	Sub-tasks	Enabling Objectives	Tools & Equipment
1.01	Adheres to safety regulations.	knowledge of Workers' Compensation and Safety Regulations	WCB Regulations
		ability to work in a safe work environment	
1.02	Adheres to Workplace Hazardous Materials Information System (WHMIS).	knowledge of WHMIS legislation affecting food service operations	
		ability to implement WHIMS protection regulations in food service operations	
1.03	Adheres to emergency procedures.	knowledge of emergency procedures for establishment	
		knowledge of emergency phone numbers	
		knowledge of product ingredients and identification of labels coinciding with the WHMIS program	
1.04	Ensures precautions are taken for personal protection.	knowledge of safety equipment, i.e. shoes, clothing that is tight fitting to body	

	Sub-tasks	Enabling Objectives	Tools & Equipment
1.05	Uses knives in a safe manner.	ability to identify, use, clean and sharpen knives in a safe manner	knife sharpener, steel
1.06	Uses power equipment in a safe manner.	ability to identify, use and clean a variety of power equipment in a safe manner	slicers, bandsaws, food processor, mixing machine, etc.
1.07	Uses hand tools in a safe manner.	ability to identify, use and clean hand tools in a safe manner	peelers, mandolins, cutters, etc.
1.08	Applies basic first aid principles.	knowledge of basic first aid principles, i.e. cuts, burns, seizures	

Task 2 **Applies and practises sanitary principles on a daily basis to promote a sanitary work environment.**

Trend: An increase in types of food products being introduced to food service operations requires a more precise knowledge of safe food handling practices. An increased number of employers are requiring their staff to complete a formal course in sanitary food handling practices.

	Sub-tasks	Enabling Objectives	Tools & Equipment
2.01	Adheres to Public Health Act.	knowledge of provincial/ territorial health regulations ability to implement regulations	Public Health Act
2.02	Meets sanitation, appearance and personal hygiene criteria.	knowledge of importance of sanitation, appearance and personal hygiene criteria	
2.03	Prevents food poisoning.	knowledge of various food poisonings and their causes and danger zone	thermometer, charts

Sub-tasks	Enabling Objectives	Tools & Equipment
	ability to use preventative measures by applying safe receiving, storing, cooking and handling procedures	

BLOCK B CLEANING, PREPARATION AND COOKING OF VEGETABLES, FRUITS AND FUNGI

Task 3 Selects, stores and prepares vegetables, fruits and fungi.

Trend: Towards use of labour-saving convenience foods of prepared vegetables.

Sub-tasks	Enabling Objectives	Tools & Equipment
3.01 Selects vegetables, fruits and fungi.	ability to recognize types and determines quality of vegetables, fruits and fungi to be selected	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Sub-tasks	Enabling Objectives	Tools & Equipment
3.02 Stores vegetables, fruits and fungi.	knowledge of correct temperature, humidity and light allowance for effective storage	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
3.03	Washes, cleans and prepares vegetables, fruits and fungi.	ability to determine cleanliness of produce knowledge of items requiring peeling, coring, stemming and pitting	colander, cutting board, peeler, paring knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

3.04	Cuts vegetables, fruits and fungi.	ability to determine type and size of pieces according to purpose and to use knives and equipment to maintain uniformity of pieces	peeler, corer, paring knife, knives, power shredders, cutters/graters

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

3.05	Zests, scores and turns vegetables, fruits and fungi.	ability to score and turn according to menu requirements and artistic ability through knife manipulation	knife, zester, mandolin

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

3.06	Sections and shapes fruits.	ability to section and shape fruits uniformally and arrange attractively	paring knife, mirror, silver trays

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 4 **Cooks vegetables, fruits and fungi.**

Trend: Towards utilization of fresh baby and hydroponic vegetables, fruits and fungi.

	Sub-tasks	Enabling Objectives	Tools & Equipment
4.01	Determines and applies appropriate cooking methods for vegetables, fruits and fungi.	ability to utilize utensils and cooking equipment so that colour, texture and nutritional value of vegetables, fruits and fungi are retained	range pots, steamer, wok, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.02	Blanches vegetables, fruits and fungi.	knowledge of vegetables, fruits and fungi which can and should be blanched ability to blanch vegetables, fruits and fungi to correct degree of doneness	convection steamer, stove, saucepan, colander, china cap, spider

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.03	Simmers vegetables, fruits and fungi.	knowledge of which vegetables, fruits and fungi can and should be simmered ability to simmer vegetables, fruits and fungi so as to retain colour, nutritional value and taste	stove, convection steamer, saucepan, colander

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
4.04	Poaches vegetables, fruits and fungi.	ability to determine proper cooking liquid for vegetables, fruits and fungi as well as cooking time and temperature	shallow pot or insert

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.05	Steams vegetables and fruits.	knowledge of use of steamers, methods, procedures and timing ability to steam vegetables so as to retain colour, nutritional value and taste	steam equipment, kettles and range pots

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.06	Stews vegetables, fruits and fungi.	knowledge of which vegetables, fruits and fungi can and should be stewed ability to stew vegetables, fruits and fungi so as to retain colour, flavour and texture	pots, sauté pan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.07	Stir-fries, pan-fries vegetables, fruits and fungi.	ability to select vegetables, fruits and fungi suitable to pan-fry/stir-fry	sauté pans, wok

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
4.08	Deep-fries vegetables, fruits and fungi.	knowledge of breading and battering procedure ability to operate a deep fryer, select oils and shortenings, cooking time and test for doneness	deep fryer, tongs, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.09	Broils vegetables, fruits and fungi.	knowledge of broiler/ salamander operation and control	salamander and broiler

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.10	Stuffs vegetables, fruits and fungi.	ability to select, combine and stuff ingredients for use with vegetables, fruits and fungi	knife, piping bag

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.11	Bakes vegetables, fruit and fungi.	ability to bake at correct temperature for required time to achieve maximum quality	oven, pans and trays

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
4.12	Braises vegetables, fruits and fungi.	ability to braise in correct amount and type of liquid for correct time	brazier, skillet and range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	NV	NV

4.13	Produces vegetable, fruit and fungus purées.	ability to sieve to produce fruits, vegetables and fungus purées and operate appropriate food processing equipment	sieves, blender, food processor and food chopper

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.14	Selects and identifies appropriate garnishes for vegetables, fruits and fungi.	knowledge of appropriate garnishes, i.e. nuts, meats	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

4.15	Serves and portions vegetables, fruits and fungi.	ability to serve vegetables, fruits and fungi in a balanced presentation	hand tools, serving equipment and scales

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK C PREPARATION AND COOKING OF CONVENIENCE FOODS

Task 5 **Prepares and cooks frozen foods.**

Trend: Towards wider variety of convenience and frozen foods with varying degrees of quality.

	Sub-tasks	Enabling Objectives	Tools & Equipment
5.01	Stores frozen foods.	knowledge of correct freezer temperatures and proper stacking to maintain even airflow knowledge of packaging materials to inhibit freezer burn knowledge of stock rotation procedures	freezers, wire shelves, thermometers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

5.02	Prepares and cooks frozen foods.	ability to follow processors' and packers' specifications to ensure maximum quality, texture, colour and yield	stoves, steamers, microwave and convection ovens, blenders, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

5.03	Portions frozen food to menu specifications.	knowledge of portion sizes ability to operate saws, electronic and manual scales and a Cryovac machine	hand tools, packaging equipment

Sub-tasks	Enabling Objectives	Tools & Equipment
	ability to portion frozen foods for menu specifications	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	no	yes	yes	yes	NV	NV

Task 6 **Reconstitutes conventional or freeze-dried foods.**

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
6.01	Selects type of dried product according to menu specifications.	ability to recognize products requiring different time frames for reconstitution	manufacturers' specifications

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

6.02	Soaks foods to reconstitute.	ability to soak foods to achieve maximum volume, flavour, texture and colour	containers, measuring cup

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 7 **Reconstitutes powdered foods or beverages.**

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
7.01	Selects powdered ingredients and liquids according to menu specifications.	ability to identify and measure liquids and powders in correct ratios at proper temperatures to achieve maximum quality and yield	measuring devices, scales, thermometer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
7.02	Prepares baked flour products from mixes.	ability to add required liquids, food ingredients or additives to menu specifications	mixers, measures, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	no	yes	NV	NV

Task 8 **Reconstitutes soups, sauces and gravy bases.**

Trend: Wider variety of these types of products available to food service operations.

	Sub-tasks	Enabling Objectives	Tools & Equipment
8.01	Selects base according to menu specifications.	ability to select correct base for item to be prepared	measuring cup, bowls, pots, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	no	yes	NV	NV

8.02	Adds ingredients required for reconstitution.	ability to select and add specific ingredients and amounts at appropriate time in cooking process to achieve maximum quality of finished product	pots, pans, ranges, hand tools, measures

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK D PREPARATION OF STOCKS, SAUCES AND SOUPS

Task 9 **Prepares stocks.**

Trend: To lighter sauces and natural au jus.

	Sub-tasks	Enabling Objectives	Tools & Equipment
9.01	Determines the stocks in accordance with production requirements.	knowledge of appropriate ingredients, quantities and cooking times of stocks	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

9.02	Prepares and cooks white stock.	ability to cook white stock that is clear, flavourful and appropriately seasoned	stock pot, steam kettle, strainers, skimmer, range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

9.03	Prepares and cooks brown stock.	ability to brown bones and cook brown stock that is clear, flavourful and appropriately seasoned	stock pot, steam kettle, strainers, skimmer, range, oven and roasting pan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
9.04	Prepares and cooks vegetable stock.	ability to cook vegetable stock that is clear, flavourful and appropriately seasoned	stock pot, steam kettle, strainers, skimmer, range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

9.05	Prepares and cooks fish stock.	ability to cook fish stock that is clear, flavourful and appropriately seasoned	stock pot, steam kettle, strainers, skimmer, range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 10 Prepares or cooks thickening agents.

Trend: Towards sauces and soups that are self-thickened or thickened to a lighter consistency.

	Sub-tasks	Enabling Objectives	Tools & Equipment
10.01	Prepares and cooks white roux.	ability to cook flour and fat to extent required for intended use	skillet, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

10.02	Prepares and cooks blond roux.	ability to cook flour and fat to extent required for intended use	skillet, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
10.03	Prepares and cooks brown roux.	ability to cook flour and fat to extent required for intended use	skillet, stirring utensils, oven

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

10.04	Prepares beurre manié.	ability to prepare and appropriately use a beurre manié	bowl, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

10.05	Prepares and uses a liaison.	ability to combine ingredients of a liaison with sauce or soup	bowl, whisk

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

10.06	Prepares and uses other starches.	knowledge of and ability to use other starches for thickening, i.e. cornstarch, waxy maize	bowl, wooden spoon, whisk

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 11 **Cooks basic sauces and variations.**

Trend: Towards lighter sauces. There is a definite shift away from the utilization of classical names for sauces. Names that reflect Canadian, provincial or regional cuisine are being included in menus.

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.01	Determines and supplies appropriate combinations of stocks, thickeners and seasonings required for basic sauces and their derivates.	knowledge of and ability to prepare basic stocks, thickeners and seasonings required to produce basic sauces and their derivatives	stove, saucepan, steam kettle, whisk, wooden spoon, strainer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.02	Prepares and cooks brown sauce.	ability to cook a brown sauce that is flavourful and of proper texture, seasonings and colour	stove/stock pot, strainer, stirring utensils, saucepan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.03	Prepares a demi-glace.	abiiity to prepare a demi-glace that is flavourful, smooth and of right consistency	stove/stock pot, strainer, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.04	Prepares from a demi-glace.	knowledge of proportions required to produce a brown sauce derivative that is harmonious with meat item being served	saucepan, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.05	Prepares and cooks basic béchamel sauce.	ability to cook a béchamel sauce that is of proper texture, seasonings and colour	stock pot, steam kettle, stirring utensils, strainer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.06	Prepares and cooks béchamel sauce derivatives, i.e. mornay, etc.	ability to cook ingredients in proportions required to produce a béchamel sauce derivative that is harmonious with product being served	saucepan, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.07	Prepares and cooks a basic velouté sauce.	ability to cook velouté sauce that is flavourful, of proper texture, seasonings and colour	stove/stock pot, strainer, stirring utensils, saucepan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.08	Prepares and cooks velouté sauce derivatives, i.e. supreme, etc.	ability to cook ingredients in proportions required to produce a velouté sauce derivative that is harmonious with product being served	saucepan, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.09	Prepares and cooks a basic tomato sauce.	ability to cook a tomato sauce that is flavourful, of proper texture, seasonings and colour	stove/stock pot, strainer, stirring utensils, saucepan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.10	Prepares and cooks tomato sauce derivatives, i.e. créole, spanish, etc.	ability to cook ingredients in proportions required to produce a tomato sauce derivative harmonious with product being served	saucepan, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.11	Prepares a basic hollandaise sauce.	ability to prepare a hollandaise sauce that is flavourful, of proper seasonings and colour knowledge of correct holding times and temperatures	bain-marie (water bath), stainless steel bowl, hand whip, saucepan

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
11.12	Prepares hollandaise sauce derivatives, i.e. béarnaise, Choron, etc.	ability to combine ingredients in proportions required to produce a hollandaise sauce derivative that is harmonious with product being served	bain-marie (water bath), stainless steel bowl, hand whip, saucepan, knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.13	Prepares and cooks miscellaneous and non-derivative sauces, i.e. Cumberland, ethnic sauces, pineapple, raisin, etc.	ability to combine ingredients, proportions and techniques required to produce miscellaneous sauces that are compatible for their intended use	saucepans, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.14	Prepares hot butters, i.e. beurre noisette, meunière.	knowledge of ingredients and proportions required to produce hot butters ability to cook hot butters which complement food they are served with	saucepan, stirring utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

11.15	Prepares compound butters, i.e. maître d'hôtel, Café de Paris, garlic.	knowledge of ingredients, storage, proportions and techniques necessary to produce compound butters	stainless steel bowl, piping bag

Sub-tasks	Enabling Objectives	Tools & Equipment
	ability to prepare compound butters for their intended use	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 12 Prepares soups.

Trend: Towards less starch as a thickener. Traditional thickener (roux) is being replace by pureed vegetables.

Sub-tasks	Enabling Objectives	Tools & Equipment
12.01 Determines and combines appropriate combinations of ingredients required to make soups.	knowledge of and ability to utilize stocks, thickeners when required and seasonings to produce soups that are flavourful, of proper texture and appearance	steam kettle, knife, whisk

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.02	Prepares and cooks clear soups.	ability to combine and cook ingredients required to produce clear soups that are flavourful, transparent, of proper texture and appearance	stock pots, steam kettle, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
12.03	Prepares and cooks consommés.	ability to cook ingredients to produce consommés knowledge of clarification procedures and techniques necessary to produce a consommé that is flavourful, clear and colourful	stock pot/spigot, steam kettle, strainer, cheesecloth

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.04	Prepares and cooks purée and self-thickening soups.	knowledge of ingredients and proportions required to produce a purée soup that is flavourful, of proper texture and appearance ability to cook ingredients according to recipe for purée and self-thickening soups	stock pot/spigot, steam kettle, strainer, food mill

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.05	Prepares and cooks cream soups/ bisques.	knowledge of thickening agents and proportions to produce cream soups/bisques that are flavourful, of proper texture and appearance knowledge of importance of correct holding conditions for cream soups	soup pot/steam kettle, stirring utensils, food processor, strainer

Sub-tasks		Enabling Objectives		Tools & Equipment
		ability to combine/cook ingredients according to recipe requirements		

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.06	Prepares and cooks chowders.	knowledge of ingredients, proportions and techniques required to produce a chowder that is flavourful, of proper texture, colour and appearance ability to combine/cook ingredients according to recipe requirements		stock pot, steam, kettle, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.07	Prepares specialty ethnic soups.	knowledge of ingredients, proportions and techniques required to produce a specialty ethnic soup that is flavourful, of proper texture and appearance ability to combine/cook ingredients according to recipe requirements		steam kettle, stock pot, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.08	Prepares cold soups.	knowledge of ingredients, proportions and techniques		food processor

Sub-tasks		Enabling Objectives		Tools & Equipment
		required to produce a cold soup that is flavourful, of proper texture and appearance		

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

12.09	Prepares soup garnishes.	knowledge and ability to prepare garnishes for their intended use		hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK E PRODUCTION OF BAKED PASTRY AND DESSERT PRODUCTS

Task 13 Prepares and bakes pie dough.

Trend: Increased preparation of pastry and desserts in-house.

Sub-tasks		Enabling Objectives		Tools & Equipment
13.01	Identifies and selects baking, pastry and dessert ingredients.	knowledge of the reaction of ingredients when combined for baking, pastries and dessert products		

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
13.02	Prepares pie dough.	ability to combine ingredients, proportions and techniques required to produce pie dough that will be suitable for its intended use, as per recipe	scales, measuring devices, work table, bowl/mixer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

13.03	Prepares filling.	ability to prepare pie fillings	variety of hand tools, bowls, etc.

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

13.04	Assembles pies.	ability to properly roll dough, fill with correct amount of filling and cover with appropriate top crust	pie plates, rolling pin, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

13.05	Bakes pies.	ability to operate and control ovens, set temperature and time and check for doneness	oven, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 14 Prepares, bakes and decorates cakes.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
14.01	Prepares cake batters.	ability to combine ingredients in proportions and techniques required to produce a cake that will be suitable for its intended use, as per recipe	scales, measuring devices, work surface, bowl/mixer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

14.02	Bakes cakes.	ability to operate and control ovens, set temperature and time and check for doneness	oven, oven pans, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

14.03	Prepares fillings and icings for cakes.	ability to prepare various fillings and icings for cakes that will be suitable for their intended use	scales, bowl/mixer, measuring devices, hand tools, piping bag

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

14.04	Decorates cakes.	ability to decorate cakes appropriately which will be suited for specified use and occasion	piping bag, nozzles, spatula

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 15 Prepares and bakes yeast-raised products (specialized skill).

Trend: Towards use of yeast-raised products that include whole grains.

	Sub-tasks	Enabling Objectives	Tools & Equipment
15.01	Prepares yeast-raised products.	ability to combine ingredients in proportions and techniques required to produce yeast-raised product that will be suitable for its intended use, as per recipe	scales, measuring devices, thermometer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

15.02	Mixes yeast-raised products.	knowledge of ingredients when combined and techniques required to produce yeast-raised products that will be suitable for their intended use, as per recipe	mixer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

15.03	Allows yeast-raised product to rise, if required.	knowledge of process and conditions conducive to fermentation, plus ability to determine when adequate fermentation has been achieved ability to determine when yeast-raised product reaches correct fermentation	proofing box

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
15.04	Shapes and forms yeast-raised products.	ability to roll, knead and shape yeast-raised products for their intended use, as per recipe	rolling pins, cutters, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

15.05	Proofs yeast-raised products.	knowledge of proofing process and conditions ability to determine when proofing is completed	proofing box

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

15.06	Bakes yeast-raised products.	ability to operate control ovens, estimate temperature and time and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 16 Prepares and bakes puff pastry.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
16.01	Prepares puff pastry.	knowledge of ingredients and procedures involved in preparation of puff pastry	rolling pin, table, refrigerator, pans

Sub-tasks	Enabling Objectives	Tools & Equipment
	ability to utilize precise techniques, combining ingredients so that final product will be layered and flaky	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

16.02	Rolls and shapes/cuts and fills, when required, puff pastry.	knowledge of product variations, utilizing puff pastry knowledge of proper rolling techniques to achieve desired results ability to roll, cut and shape products for their intended use	rolling pin, cutters, hand tools, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

16.03	Bakes puff pastry.	ability to operate and control ovens, set temperature and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

16.04	Finishes/decorates puff pastry.	ability to finish/decorate and combine ingredients for their intended use	hand tools, bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 17 Prepares and bakes choux paste products.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
17.01	Prepares choux paste.	knowledge of ingredients and procedures involved in preparation of choux paste ability to combine ingredients, following established procedures	pots, steam kettle, wooden stirring utensils, hand tools, pans, mixer, piping bag

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

17.02	Bakes choux paste products.	ability to operate and control ovens, set temperature and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

17.03	Finishes/decorates choux paste products.	ability to finish/decorate, combining ingredients for their intended use	hand tools, bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 18 Prepares and bakes quickbreads.

Trend: Towards utilization of whole grains in preparation of quickbreads.

	Sub-tasks	Enabling Objectives	Tools & Equipment
18.01	Prepares quickbread.	knowledge of different types of quickbread and their various characteristics ability to combine ingredients for their intended use, as per recipes	bowls/mixer, stirring utensils, scales, measuring devices, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

18.02	Bakes quickbread.	ability to operate and control ovens, set temperature and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 19 **Prepares and bakes, when necessary, custards and puddings.**

Trend: Towards utilization of more fresh fruits.

	Sub-tasks	Enabling Objectives	Tools & Equipment
19.01	Prepares custard.	knowledge of ingredients, techniques and procedures involved in the preparation of custards ability to combine ingredients for their intended use, as per recipes	bowls/mixer, hand tools, scales, measuring devices, custard dishes

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
19.02	Bakes custard.	ability to operate and control ovens, set temperature and check for doneness	ovens, bain-marie (water bath)

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

19.03	Prepares puddings/ fillings.	knowledge of ingredients, techniques and procedures involved in the preparation of puddings	bowls/mixer, hand tools, scales, measuring devices, pans/containers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

19.04	Finishes and serves puddings/fillings.	ability to combine puddings/fillings with other ingredients, if required ability to portion/decorate and serve puddings/fillings	hand tools, serving containers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 20 Prepares and bakes short pastry products.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
20.01	Prepares short pastry.	knowledge of ingredients, techniques and procedures	bowls/mixer, scales, measuring

Sub-tasks		Enabling Objectives		Tools & Equipment
		involved in the preparation of short pastry		devices, hand tools, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

20.02	Bakes short pastry.	ability to operate and control ovens, set temperature and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

Task 21 Prepares and bakes cookies and squares.

Trend: No apparent changes indicated.

Sub-tasks		Enabling Objectives	Tools & Equipment
21.01	Prepares cookies and squares.	knowledge of ingredients, techniques and procedures involved in the preparation of cookies/squares	bowls/mixer, scales, measuring devices, hand tools, pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

21.02	Bakes cookies and squares.	ability to operate and control ovens, estimate time and temperatures and check for doneness	ovens, cooling racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 22 Prepares parfaits, bombes and coupes.

Trend: Towards combining with fresh fruit and fruit sauces.

	Sub-tasks	Enabling Objectives	Tools & Equipment
22.01	Selects ingredients.	ability to select ingredients which can be combined effectively to menu specifications	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

22.02	Shapes ingredients.	ability to shape into ovals or other shapes as required	moulds

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

22.03	Combines ingredients.	ability to combine ingredients and arrange tastefully and attractively	scoops, spoons, knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

22.04	Garnishes parfaits, bombes and coupes.	ability to select correct garnish according to shape, colour and taste	knife, piping bag

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
22.05	Portions parfaits, bombes and coupes for individual servings.	ability to portion and serve parfaits, bombes and coupes for individual servings	portioning tools, glassware

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 23 Prepares specialty desserts.

Trend: Individual plate desserts using fresh fruit coulis.
Preparation of desserts in-house.

	Sub-tasks	Enabling Objectives	Tools & Equipment
23.01	Prepares specialty desserts, i.e. soufflés, crêpes.	knowledge of various specialty desserts ability to combine and cook ingredients for their intended use, as per recipes	hand tools, moulds, cooking utensils, measuring devices

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK F PREPARATION OF EGG AND DAIRY PRODUCTS

Task 24 Cooks egg and dairy products.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
24.01	Selects, handles and stores eggs.	knowledge of grades and sizes of eggs and correct storing procedures for eggs, cooked and uncooked	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.02	Boils eggs.	ability to cook whole eggs in shell, to desired doneness, i.e. soft, medium and hard boiled	pots, range, timer, steam cooker

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.03	Poaches eggs.	ability to poach eggs to desired doneness for intended specific uses, i.e. eggs benedict	pot, range, timer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.04	Fries eggs.	ability to fry eggs to desired doneness	pans/griddle, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.05	Scrambles eggs.	ability to scramble eggs to desired doneness	pans/griddle, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
24.06	Prepares and cooks omelettes.	knowledge of omelette types and fillings ability to prepare and cook omelettes	pans/griddle, hand tools, salamander

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.07	Cooks eggs en cocotte.	knowledge of technique of cooking eggs en cocotte	oven, stewpan, serving containers, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	no	yes	yes	NV	NV

24.08	Cooks shirred eggs.	knowledge of techniques of cooking shirred eggs	oven, serving containers, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	no	yes	yes	NV	NV

24.09	Presents and serves egg dishes.	knowledge of portioning, arranging on plates and service standards, according to the establishment's standards	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
24.10	Cooks cheese dishes.	knowledge of cheeses appropriate for cooking	pots, pans, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

24.11	Selects, handles and stores dairy products, i.e. cottage cheese, sour cream, etc.	knowledge of dairy products and their specific uses ability to select, store and handle dairy products	refrigerator

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK G PREPARATION AND COOKING OF MEATS, POULTRY AND GAME

Task 25 Breaks down partial carcasses and bones, trims primal and secondary cuts and controls portions.

Trend: Towards less cutting of carcasses (sides, quarters, primal cuts). More utilization of secondary cuts that are vacuum sealed and/or pre-portioned. Increase in utilization of in-house marinating and smoking of meats and game animals.

	Sub-tasks	Enabling Objectives	Tools & Equipment
25.01	Selects meats and game animals.	knowledge of types and grades of meats	colour charts, Canadian Meat Standards Manual

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
25.02	Identifies meats and game animals.	ability to identify cuts and types of meat	colour charts, textbook

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.03	Stores meat and game animals.	knowledge of refrigeration and freezing equipment and temperatures ability to determine storage conditions for meat, poultry and game	refrigerators, freezers, thermometers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.04	Divides partial carcasses into standard primal cuts.	ability to cut carcasses into primal cuts	band saw, hand saw, knives, cleavers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.05	Removes skin from meat as required.	ability to remove skin and tissues from meat, as required, i.e. lamb	knives, steel

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	no	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
25.06	Trims section of excess fat and tissues.	ability to portion	knives, steel

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.07	Removes bones as required.	ability to remove bones cleanly without damaging meat	knives, steel

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.08	Cuts meats and game animals into required cooking portions.	knowledge of secondary cuts of meat	knives, hand saw, scale, twine

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.09	Marinates and tenderizes meats and game animals, if required.	knowledge of types and uses of marinades ability to operate tenderizing equipment	tenderizing machine

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

25.10	Cures and smokes meats and game	knowledge of curing and smoking techniques

Sub-tasks	Enabling Objectives	Tools & Equipment
animals, if required.	ability to cure and smoke meats	

(NOT COMMON CORE)

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	no	yes	yes	yes	no	yes	yes	NV	NV

Task 26 Prepares poultry and game birds for cooking.

Trend: Utilization of more poultry products on menus.

Sub-tasks	Enabling Objectives	Tools & Equipment
26.01 Selects and identifies poultry and game birds.	knowledge of types, condition and grades of poultry and game birds	chart, textbook

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

26.02	Eviscerates poultry and game birds.	ability to clean poultry and game birds without causing adverse effect on structure or taste of meat	knives, chart, hand tools

(NOT COMMON CORE)

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	no	no	no	yes	NV	NV

26.03	Plucks, singes and cleans poultry and game birds.	ability to leave skin feather free and undamaged	knife, open burner

(NOT COMMON CORE)

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	no	yes	yes	no	yes	no	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
26.04	Disjoints and sectionalizes carcass.	knowledge of bone structure of poultry and game birds	shears, knife, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

26.05	Bones poultry and game birds.	knowledge of bone structure ability to use boning knife	knives, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

26.06	Trims poultry and game birds to remove excess fat or tissues.	ability to remove excess fat and tissues	knife, steel

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

26.07	Cuts poultry and game birds into appropriate portions for individual servings.	ability to portion and cut to menu specification	scale, knife, twine and trussing needles

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 27 **Prepares stuffing and forcemeat for game animals, poultry and game birds.**

Trend: Final presentation to be more natural and left to the natural and healthy stage, stuffing and farces are more attractive to the visual aspect.

	Sub-tasks	Enabling Objectives	Tools & Equipment
27.01	Selects ingredients suitable for stuffing meat, game birds and poultry.	ability to select and measure ingredients, herbs and condiments producing stuffing for its intended use	knife, scale, measuring cup, power mixer and grater, spoon, skewers, twine, knife, piping bag

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

27.02	Mixes and cooks stuffing ingredients from recipes.	ability to combine/cook selected ingredients into stuffings	mixing machine, hand tool, power tool

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

27.03	Ties and trusses game birds and poultry.	ability to tie and truss poultry and game birds	skewers, knife, scissors, trussing needle, etc.

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

27.04	Prepares garnish for game and poultry.	ability to select and prepare suitable garnishes for game birds and poultry	knife, zesters

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
27.05	Lards, bards and piques poultry and game birds.	knowledge of types of game birds and poultry that require larding and barding ability to lard, bard and pique poultry and game birds	larding needle, twine, knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 28 Cooks meat, poultry and game.

Trend: New economical and nutritional cooking methods responding to a health conscious society (low fat).

	Sub-tasks	Enabling Objectives	Tools & Equipment
28.01	Identifies and selects meats, poultry and game suitable for cooking.	ability to identify and select meat, poultry and game	charts, textbook, recipes

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

28.02	Bakes meats, poultry and game.	ability to set and control ovens, cooking times and test for doneness using dry heat cooking	oven, pan, spoon, fork, thermometer, recipe

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
28.03	Roasts meats, poultry and game.	ability to set and control ovens, time cooking and test for doneness	oven, pan, spoon, fork, thermometer, recipe, textbook

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	NV	NV

28.04	Stir-fries and pan-fries meats, poultry and game.	ability to operate ranges, select pans, select oils or shortening, time cooking and test for doneness	range, grill, pan, fork, turnovers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

28.05	Simmers and poaches meats, poultry and game.	ability to utilize steam equipment, kettles and pots	kettle, pot, fork, steam equipment

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

28.06	Broils meats, poultry and game.	ability to operate broilers, oven and salamander ability to cook meats, poultry and game to desired doneness	broiler, ovens, fork, hand tools, salamander

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
28.07	Grills meats, poultry and game.	ability to operate grills and stove ability to grill meats, poultry and game to desired doneness	grill, stove, hand tools, fork, tongs, sauté pans

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	NV	NV

28.08	Stews and braises meats, poultry and game.	ability to stew and braise meats, poultry and game to menu specifications	braising pan, tilting skillet, oven, hand equipment, lids

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

28.09	Deep-fries meats, poultry and game.	ability to operate a deep fryer, select oils and shortenings, cooking time and test for doneness	deep fryer, tongs, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

28.10	Slices and carves individual portions of cooked meats, poultry and game.	ability to slice, carve and portion meat, poultry and game	slicing machine, carving fork, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK H PREPARATION, COOKING AND DRESSING OF FISH AND SEAFOOD

Task 29 Prepares fish and seafood.

Trend: Towards higher consumption of fish and seafood products to provide lighter and low fat menus. Larger availability of fresh fish and seafood products.

	Sub-tasks	Enabling Objectives	Tools & Equipment
29.01	Identifies species of fish and seafood.	knowledge of basic species	charts, books

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.02	Handles fresh or frozen fish and seafood.	ability to identify quality and freshness knowledge of proper handling procedures and storage conditions	refrigerator, freezer, ice, thermometer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.03	Fillets fish.	ability to recognize different bone structures ability to fillet fish to gain maximum yield	knife, scale, shears, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
29.04	Peels soft shellfish.	ability to remove shell, leave meat intact and clean effectively	knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.05	Washes and opens mollusks.	ability to recognize opening points on shells and clean effectively	oyster knife, protective glove

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.06	Cuts fish into portions.	ability to cut fish into portions as per menu requirement, i.e. steaks	knife, scale

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.07	Prepares crustaceans for cooking.	ability to prepare crustaceans as per menu requirements, i.e. lobster, langouste, crayfish	knife, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

29.08	Prepares snails.	ability to prepare snails to menu requirements	hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 30 Dresses fish, crustaceans and mollusks.

Trend: Larger selections of fish and seafood available.

	Sub-tasks	Enabling Objectives	Tools & Equipment
30.01	Marinates fish, crustaceans and mollusks.	ability to select, mix marinade and determine marination time	knife, pots, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.02	Selects and mixes ingredients for stuffing.	ability to select ingredients as per menu requirement, chop, grate and mix	knife, food processor, grater, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.03	Stuffs fish, crustaceans and mollusks.	ability to estimate amount of dressing or stuffing required to stuff fish, crustaceans and mollusks	piping bag, scale, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.04	Shapes and forms fish, crustaceans and mollusks.	ability to shape for uniformity and appearance as per menu requirement	skewers, twine, cord, knife, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
30.05	Dresses whole and filleted fish, crustaceans and mollusks for baking.	ability to select ingredients, oils, herbs and cooking times	skewers, string, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.06	Coats fish, crustaceans and mollusks.	ability to coat, bread and dredge	bowls, sifter, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.07	Selects and prepares canned seafood.	ability to enhance appearance and taste to menu requirement or recipe	can opener, mixing bowls, hand tools, knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

30.08	Mounts fish, crustaceans and mollusks.	ability to mount fish for buffet presentation	bowls, silver platters, mirrors, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 31 Cooks fish, crustaceans and mollusks.

Trend: Larger menu selections of these items.

	Sub-tasks	Enabling Objectives	Tools & Equipment
31.01	Simmers or steams fish, crustaceans and mollusks.	ability to simmer or steam fish, crustaceans and mollusks to maintain maximum flavour and texture	hand tools, pans, steamer, pots

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

31.02	Stir-fries or stews fish, crustaceans and mollusks.	ability to stir-fry or stew and select seasonings and cooking time as per menu requirement	sauté pans, steam kettle, hand tools, book

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

31.03	Fries, deep-fries, and pan-fries fish, crustaceans and mollusks.	ability to operate and control deep fryers and ranges, select temperatures and cooking time and test for doneness	skillets, deep fryer, strainer, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

31.04	Braises fish.	ability to braise fin fish to menu specifications	braisers, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
31.05	Broils fish, crustaceans and mollusks.	ability to braise fish, crustaceans and mollusks to retain maximum flavour and texture	salamander, broiler, trays, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
31.06	Bakes fish, crustaceans and mollusks.	ability to bake fish, crustaceans and mollusks to retain maximum flavour and texture	oven, smokers, pan, trays, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
31.07	Grills fish, crustaceans and mollusks.	knowledge of fish, crustaceans and mollusks suitable for grilling ability to grill to retain maximum flavour and texture	grill, salamander, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 32 Prepares fish, crustaceans and mollusks for service.

Trend: Towards increased public demand for fish, crustaceans and mollusks on menus.

	Sub-tasks	Enabling Objectives	Tools & Equipment
32.01	Splits crustaceans and mollusks.	ability to prepare and split to menu requirement	knife, shears, crackers, picks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
32.02	Assembles and cooks garnishes.	ability to assemble garnishes to enhance appearance of dish to menu requirement	knife, zester, hand tools, platter

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

32.03	Decorates fin fish, crustaceans and mollusks.	knowledge of plate presentations	hand tools, service equipment

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK I PREPARATION OF COLD FOODS AND BUFFETS

Task 33 Prepares greens and mixed salads.

Trend: Towards more salads on menu, including main course salads.

	Sub-tasks	Enabling Objectives	Tools & Equipment
33.01	Selects greens and other salad ingredients.	ability to clean, select and determine freshness of salad ingredients and greens	colander, strainer, knife

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
33.02	Trims greens and other salad ingredients.	ability to prepare, cut greens and salad ingredients	knife, board, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

33.03	Combines other salad ingredients according to requirement.	ability to balance ingredients of mixed salads for taste and appearance	hand tools, stainless steel bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 34 **Combines ingredients to prepare cold sauces, salad dressings and variations.**

Trend: Towards lighter dressings utilizing products such as yogurt.

	Sub-tasks	Enabling Objectives	Tools & Equipment
34.01	Combines oil, citric or acetic acid and egg yolks or dairy products to form a cold sauce.	ability to follow standard recipe requirement and correct holding temperatures	whisks, bowls, hand tools, power mixer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

34.02	Combines ingredients for cold sauce, and	ability to combine ingredients to produce	whisks, bowls, food processor, hand tools

Sub-tasks	Enabling Objectives	Tools & Equipment
additional ingredients to form other cold sauces.	sauce derivatives, e.g. tartar, remoulade, calypso	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

34.03	Combines ingredients to prepare salad dressings, such as, vinaigrette and variations.	ability to combine to prepare salad dressings, such as, vinaigrettes and varieties i.e. sour cream based and yogurt base	hand tools, whisks, bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

34.04	Stores and handles vinaigrettes, cold sauces and dressings.	ability to safely store and handle vinaigrettes, cold sauces and dressings	thermometer, refrigerator, storage container

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 35 Prepares mixed salads.

Trend: Towards more variety of salads.

	Sub-tasks	Enabling Objectives	Tools & Equipment
35.01	Selects ingredients according to recipe.	ability to select ingredients to most flavourful, colourful and tasting proportions	hand tools, bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
35.02	Combines and mixes variety of ingredients as per recipe.	ability to combine ingredients, meat, farinaceous ingredients, seafood, fish and vegetables in a cold sauce to achieve attractive appearance and good taste	bowls, wooden spoon, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 36 Prepares cold appetizers and hors-d'oeuvres.

Trend: Towards more variety of appetizers and hors-d'oeuvres.

	Sub-tasks	Enabling Objectives	Tools & Equipment
36.01	Selects and combines sectioned fruits and cocktails.	ability to select and section fruits and combine for balance, appearance and taste	hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

36.02	Juices fruits and vegetables.	ability to operate power juicers	power or hand juicer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	no	yes	yes	NV	NV

36.03	Arranges a selection of cold seafood as a cocktail.	ability to select and section seafood and combine for balance, appearance and taste	hand tools, serving dishes

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
36.04	Combines, cooks and arranges a variety of cold meats, fish and vegetables, for hot and cold hors d'oeuvres.	ability to arrange a balanced combination for a most visual, colourful appearance	hand tools, bowls, serving dishes

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 37 **Slices, carves and arranges cold meats, fish and seafood for buffets.**

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
37.01	Slices cold meats, fish and crustaceans.	ability to recognize cold meat structure in order to correctly slice across the grain ability to select, sharpen and use slicing knives and equipment	knife, sharpeners, slicing machine

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

37.02	Arranges cold meats, fish and seafood on platters.	ability to arrange sliced meats for visual appearance and attractive garnish for appeal, i.e. for buffets	hand tools, silver platters, mirrors

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
37.03	Carves hot or cold meats, fish and crustaceans for buffets.	ability to select, sharpen and use carving knives, portion control and arrange meats, poultry and game for buffets, i.e. game animals and game birds	knife, carving fork, chafing-dish, heat lamp, buffet utensils

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 38 Prepares gelatins, aspics and mousses.

Trend: Possible decrease in these menu items.

	Sub-tasks	Enabling Objectives	Tools & Equipment
38.01	Selects and cooks ingredients to produce a flavourful gelatin stock, i.e. meat, fish, poultry and vegetable stock.	ability to select and cook ingredients to produce a flavourful gelatinous stock, i.e. meat, fish, poultry and vegetable stock ability to prepare stock content which is reduced and strained	stock pots, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

38.02	Clarifies meat jelly to produce aspic.	ability to clarify aspics	whisk, strainer, stock pot with spigot, clarifier

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	no	yes	yes	NV	NV

Sub-tasks	Enabling Objectives	Tools & Equipment
38.03 Arranges cold meats, fish and vegetables in moulds.	ability to slice and chop ingredients, arrange in a most attractive, colourful and appealing manner	hand tools, racks, ladles, moulds

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Sub-tasks	Enabling Objectives	Tools & Equipment
38.04 Prepares sweet jellies and compotes.	ability to combine natural gelatin to produce jellies and compotes, i.e. fruit compotes, vegetable jellies and chutneys	hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Sub-tasks	Enabling Objectives	Tools & Equipment
38.05 Covers meat, poultry, fish, crustaceans and vegetables with aspics.	ability to select and prepare aspics and gelatins to cover meat, poultry, fish, crustaceans and vegetables	hand tools, racks, ladles, moulds

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 39 Prepares hot and cold sandwiches.

Trend: Towards larger selection of these items on menus.

Sub-tasks	Enabling Objectives	Tools & Equipment
39.01 Selects breads.	knowledge of types of breads	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
39.02	Slices bread products.	ability to slice and operate bread slicer and to use knives	bread slicer, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

39.03	Selects and assembles ingredients.	ability to select, slice and assemble meats, vegetables and dairy products to recipe requirements	slicer, hand tools, racks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

39.04	Prepares combination fillings.	ability to combine selections of meats, vegetables, fish and dairy products with cold dressings and seasonings	hand tools, bowls

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

39.05	Assembles and serves hot and cold sandwiches.	ability to prepare hot and cold sandwiches trimmed and cut, presented with proper garnishes as per recipe requirement	hand tools, toasters, salamander, range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 40 Serves cheese and dairy products.

Trend: Towards larger selection of cheeses and combining with other menu items, e.g. salads.

	Sub-tasks	Enabling Objectives	Tools & Equipment
40.01	Selects cheese.	ability to select and recognize ripeness, types, textures and flavours of cheese	charts, textbooks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
40.02	Arranges cheese board with complementing garnishes and accompaniments.	ability to balance selected cheeses by texture, flavour and type in an appealing visual display with garnish, i.e. fruits, crackers, nuts, assorted breads, greens	trays, hand tools, knives

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 41 Performs duties related to a buffet.

Trend: No apparent changes indicated.

	Sub-tasks	Enabling Objectives	Tools & Equipment
41.01	Prepares and decorates buffet show pieces.	ability to prepare and decorate buffet show pieces, such as, terrines, galantines, pâtés, whole displays, etc.	hand tools, moulds, knife, meat platters

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
41.02	Portions and serves all buffet foods.	ability to portion and serve buffet items in a balanced and most appealing manner	knife, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK J BEVERAGES

Task 42 Prepares hot and cold beverages.

Trend: Herbal teas are in higher demand, more blends and flavours of exotic coffees and liqueurs.

	Sub-tasks	Enabling Objectives	Tools & Equipment
42.01	Selects and stores a variety of beverages, i.e. coffee, tea, herbal tea, infusions.	ability to store and select singular or blended coffees or teas and herbs for preparation of hot and cold beverages and to select appropriate temperature	urns, coffee machines, grinders, filters, thermometer

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

42.02	Prepares a variety of beverages.	ability to prepare selected beverages, hot and cold, to appropriate brewing standards	urns, coffee machines, filters

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	no	yes	no	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
42.03	Serves and holds beverages.	knowledge of and ability to serve hot brewed beverages to required standards	urns, thermometer, timers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

BLOCK K PREPARATION AND COOKING OF FARINACEOUS FOODS AND CEREALS

Task 43 Cooks rice.

Trend: Different types of rice are becoming more available.

	Sub-tasks	Enabling Objectives	Tools & Equipment
43.01	Selects types of rice according to recipe specifications.	ability to select rice according to recipe specifications	charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

43.02	Washes rice if required.	ability to wash rice, if required, to menu specifications, i.e. glutinous rice	strainers, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
43.03	Boils or steams rice.	knowledge of correct proportions of rice to liquid, as well as appropriate cooking time ability to operate range	rice cooker, steamer, pots, pressure cooker, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

43.04	Cooks a variety of rice to menu requirements.	ability to combine different liquids and seasonings with rice for cooking according to recipe requirements	pots, pans, range, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

43.05	Cooks a variety of fried rice.	ability to fry rice with meat, fish, vegetables and eggs to meet recipe and quality standards	skillet, range, hand tools, wok

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 44 Cooks breakfast cereals.

Trend: Towards lighter breakfasts that reflect lower calorie intake.

	Sub-tasks	Enabling Objectives	Tools & Equipment
44.01	Selects different grain cereals.	knowledge of variety of grain cereals	charts, textbooks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
44.02	Cooks cereals to recipe requirements.	ability to cook cereals following proper procedures as per recipe requirements	pots, range, spoon, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

44.03	Maintains appropriate holding temperatures of cereals for service.	knowledge of proper holding techniques	steam tables, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 45 Prepares and cooks pasta.

Trend: Pasta has become more popular due to the awareness of variety and nutritional content.

	Sub-tasks	Enabling Objectives	Tools & Equipment
45.01	Mixes pasta or dough.	knowledge of basic principles ability to select and mix dough ingredients to recipe requirements	mixers, bowls, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

45.02	Produces simple pasta.	ability to combine ingredients to provide quality pasta or dough	hand or power machine, hand tools

Sub-tasks	Enabling Objectives	Tools & Equipment
	ability to produce pasta dough ability to operate hand or power pasta machine	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

45.03	Produces stuffed pasta.	ability to fold and crimp dough after filling with required mixture	hand tools, moulds

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

45.04	Prepares combined pasta dishes.	ability to combine pasta with variety products, i.e. carrots, peppers, poultry and seafood	hand tools, pasta machine

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

45.05	Cooks pasta.	ability to cook, boil or bake simple, combined or stuffed pasta to recipe requirements	pots, hand tools, steam kettle, oven range

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 46 **Prepares a variety of breakfast foods.**

Trend: Towards utilization of fresh fruits, yogurts and whole grains.

	Sub-tasks	Enabling Objectives	Tools & Equipment
46.01	Selects and mixes ingredients for pancakes, waffles and hotcakes.	knowledge of proportions of ingredients and texture of batter ability to select oils and flour to recipe specifications	mixers, bowls, hand tools, measuring devices, scales

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

46.02	Cooks pancakes and waffles.	ability to cook pancakes and waffles	waffle irons, griddles, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

46.03	Prepares and cooks crêpes.	ability to combine ingredients in proper recipe requirement and cook crêpes knowledge of flambé set-up	crêpe pan, réchaud, flambé station

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
46.04	Prepares fritter batter.	ability to prepare fritter batters to recipe requirements	mixing bowls, hand tools

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK L BASIC NUTRITION

Task 47 **Understands food products with regard to nutritional value, preparation, preservation and importance for health.**

Trend: Understanding of current health issues, changing lifestyles and physical fitness as it pertains to nutrition and food.

	Sub-tasks	Enabling Objectives	Tools & Equipment
47.01	Understands Canada's Food Guide.	knowledge of nutrient intake, dietary guidelines and recommendations and their functions and source	textbooks, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

47.02	Identifies basic nutritional requirements.	ability to select foods for a balanced meal	textbooks, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
47.03	Prepares balanced menus.	ability to plan and design a balanced menu following standard acceptable guidelines	textbooks, manuals, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

47.04	Identifies effects of cooking and storage of foods.	knowledge of menu planning, dietary requirements, colour, texture, taste and compatibility of food items	textbooks, manuals, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV	NV

47.05	Understands different nutrients and functions.	knowledge of recommended cooking methods, vitamins, mineral stability and proper storage of foods, additives and substitutions in food	textbooks, fact sheets

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 48 Understands current health issues, menu planning and recipe modification.

Trend: Understanding of current health issues, changing lifestyles and physical fitness as it pertains to nutrition and food.

	Sub-tasks	Enabling Objectives	Tools & Equipment
48.01	Understands varied diets available.	ability to identify food sources of different nutrients and knowledge of	textbooks, fact sheets

Sub-tasks	Enabling Objectives	Tools & Equipment
	how they function in the body knowledge of what the required diet is and what it is used for	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

48.02	Prepares balanced menus required for varied diets.	ability to plan and design a balanced menu for varied diets knowledge of nutritional requirements for varied diets	textbooks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

48.03	Selects and prepares foods from recipes for specific diets.	ability to select appropriate foods ability to prepare foods to maintain nutritional value and follow standard recipe for specific diets	varied kitchen equipment, recipes, textbooks

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK M COOKING AND CHILLING SYSTEMS

Task 49 Retrieves and reheats stored cooked food products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
49.01	Determines and selects prepared menu items from chill/hold.	knowledge of menu rotation and production schedules	menu and production listings

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

49.02	Reheats selected prepared products.	knowledge of reheating procedures, temperature and time ability to determine doneness ability to cook in small batches ability to adhere to predetermined temperature standard	reheating/ temperature charts, ovens, steamers, ultra shams, thermometers

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

	Sub-tasks	Enabling Objectives	Tools & Equipment
49.03	Portions and distributes reheated products.	knowledge of portion controls, menu schedules and proper distribution techniques	portion control lists, menu schedules, distribution lists

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

BLOCK N PREPARATION, COOKING AND STORAGE OF FOOD ITEMS FOR BLAST-CHILLING

Task 50 Understands cook/chill concept.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
50.01	Understands cook/chill concept.	ability to read and follow preset guidelines and procedures ability to safely select, prepare, cook, package and store food items using standardized recipes and production menu schedules	manuals, textbooks, fact sheets

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 51 **Prepares and cooks food items for blast-chilling.**

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
51.01	Determines and selects ingredients from standardized recipes.	ability to weigh and measure accurately and select appropriate ingredients	scales, measuring devices (dry and liquid)

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

51.02	Prepares and cooks ingredients from assigned recipes for all menu specifications.	knowledge of techniques and procedures involved in recipe preparation ability to operate ovens, ultra shams, steamers, select temperatures and cooking time and test for doneness	hand tools, proper cookware and equipment, ovens, steamers, ultra shams, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

51.03	Assembles and pre-portions cooked products to menu specifications.	knowledge of appropriate portion controls and pan sizes for cook/chill	scale, stainless steel counter pans, hand tools, slicers, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 52 Blast-chills cooked food products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
52.01	Prepares pre-portioned cooked products for blast-chillers.	knowledge of appropriate pan size and chiller capacity	stainless steel counter pans, chiller racks, manual or charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

52.02	Blast-chills pre-portioned cooked products.	ability to operate blast-chiller, timer and temperature probes knowledge of correct chilling temperatures and times	blast-chiller, chiller racks, temperature probes, manual or charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 53 Stores blast-chilled products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
53.01	Prepares blast-chilled pre-portioned cooked	knowledge of various packaging materials and proper packaging techniques	plastic wrap, stainless steel lids, tape, pens, labels

Sub-tasks	Enabling Objectives	Tools & Equipment

products for storage.

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

53.02	Stores cooked/chilled food products in chill/hold refrigerator.	knowledge of acceptable chill/hold temperatures, storage techniques, stock rotation, inventory control procedures and proper sanitized procedures	Brute carts, menu cards, production schedule, temperature probes, manuals

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 54 Understands cook/freeze system.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

Sub-tasks	Enabling Objectives	Tools & Equipment
54.01 Understands cook/ freeze concept.	knowledge of cook/freeze system	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 55 Blast-freezes cooked food products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
55.01	Prepares pre-portioned cooked products for blast-freezer.	knowledge of appropriate pan and package sizes, blast-freezer capacity	

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

55.02	Blast-freezes pre-portioned cooked products.	knowledge of blast-freezer timer and temperature probes ability to correct freezing temperatures and times	blast-freezer, freezer racks and carts, temperature probes, manual, charts

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	no	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 56 Stores blast-freezer products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

	Sub-tasks	Enabling Objectives	Tools & Equipment
56.01	Prepares blast-freezed pre-portioned cooked products for storage.	knowledge of food freezing methods, labelling, stock rotation, inventory control and temperature setting	plastic wrap, stainless steel lids, tin foil, tape, labels, pens

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

56.02	Stores cooked/freezer food	knowledge of food freezing methods, labelling, stock	plastic wrap, stainless steel

Sub-tasks	Enabling Objectives	Tools & Equipment
products in freezer storage.	rotation, inventory control and temperature setting	lids, tin foil, tape, labels, pens

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

Task 57 Retrieves, tempers and reheats stored freezer products.

Trend: This method of food processing is utilized in institutional operations, however this process has application in all areas.

Sub-tasks	Enabling Objectives	Tools & Equipment
57.01 Determines and selects prepared menu items from freezer.	knowledge of menu rotation and production schedule	plastic wrap, stainless steel lids, tin foil, tape, labels, pens

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

57.02	Tempers selected menu items from freezer.	knowledge of safe handling and storage procedures for cooked food products ability to follow tempering procedures and menu/ inventory schedules	tempering refrigerator, microwave oven, thermometers, charts, menu and inventory schedules

NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

57.03	Reheats stored freezer products.	knowledge of acceptable chill/hold temperatures, storage techniques, stock rotation, inventory control	tempering refrigerator, microwave oven, thermometers,

Sub-tasks				Enabling Objectives					Tools & Equipment		
				procedures and proper sanitized procedures					charts, menu and inventory schedules		
NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV
57.04	Portions and reheats stored freezer products.			knowledge of portion controls, menu and inventory schedules					tempering refrigerator, microwave oven, thermometers, charts, menu and inventory schedules		
NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK
no	no	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

APPENDICES

APPENDIX "A"

TOOLS AND EQUIPMENT

bain-marie (water bath)
baking moulds
band saw
blender
braziers
bread pans
broiler
bus pans
can opener
china cap
cleaver
colander
cutting boards
deep fryer (gas and electric)
double boilers
dough scraper
egg cutter
food processor
fork
grill
grill turner
knife sharpener
knives (regular and specialty)
ladles
measuring cups
measuring spoons
meat grinder
mesh strainer
microwave oven
mirrors
mixing machines
muffin pans
ovens
oyster knife
paring knife
peelers
pie server
ranges (gas and electric)
rice cooker
roasting pans
salamander
sandwich spreader
sauce pans
sauté pans
scale
silver platters
skimmer
slicing machine
slow cooking ovens
smoker
soup warmer
stainless steel inserts
steam kettle
steam tables
steamers
steel
stock pots
tenderizing machine
thermometer (refrigerator and meal)
tilting frying pan
toaster
tongs
trays
waffle iron
whisk
wok
zesters

APPENDIX "B"

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PERCENTAGE RATINGS

BLOCK A **SANITATION AND SAFETY PRACTICES**

Task 1 Applies accident prevention principles, practices and techniques to ensure a safe, injury-free work performance.

Task 2 Applies and practises sanitary principles on a daily basis to promote a sanitary work environment.

BLOCK B **CLEANING, PREPARATION AND COOKING OF VEGETABLES, FRUITS AND FUNGI**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	24	12	8	12	6	17	13	7	6	13	NV	NV	12%

Task 3 Selects, stores and prepares vegetables, fruits and fungi.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	75	40	40	54	50	47	38	55	68	70	NV	NV	54%

Task 4 Cooks vegetables, fruits and fungi.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	25	60	60	46	50	53	62	45	32	30	NV	NV	46%

BLOCK C **PREPARATION AND COOKING OF CONVENIENCE FOODS**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	4	13	5	2	4	3	4	5	5	NV	NV	5%

Task 5 Prepares and cooks frozen foods.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	10	35	40	40	50	40	41	40	35	59	NV	NV	40%

Task 6 Reconstitutes conventional or freeze-dried foods.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	10	20	10	14	20	10	29	15	15	1	NV	NV	14%

Task 7 Reconstitutes powdered foods or beverages.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	10	20	10	12	10	9	8	20	15	10	NV	NV	12%

Task 8 Reconstitutes soups, sauces and gravy bases.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	75	25	40	34	20	41	22	25	35	30	NV	NV	34%

BLOCK D PREPARATION OF STOCKS, SAUCES AND SOUPS

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	10	14	10	12	24	9	10	12	12	9	NV	NV	12%

Task 9 Prepares stocks.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	5	25	15	22	40	24	18	31	22	20	NV	NV	22%

Task 10 Prepares or cooks thickening agents.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	5	20	10	14	10	12	18	28	15	5	NV	NV	14%

Task 11 Cooks basic sauces and variations.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	60	20	40	37	40	35	23	36	33	50	NV	NV	37%

Task 12 Prepares soups.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	30	35	35	27	10	29	41	5	30	25	NV	NV	27%

BLOCK E PRODUCTION OF BAKED PASTRY AND DESSERT PRODUCTS

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	10	5	7	3	7	6	9	9	12	NV	NV	7%

Task 13 Prepares and bakes pie dough.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	9	10	30	11	5	9	8	9	10	10	NV	NV	11%

Task 14 Prepares, bakes and decorates cakes.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	10	11	7	10	5	11	4	12	14	10	NV	NV	10%

Task 15 Prepares and bakes yeast-raised products (specialized skill).

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	8	2	8	5	7	13	15	7	10	NV	NV	8%

Task 16 Prepares and bakes puff pastry.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	16	8	9	10	20	19	3	5	5	5	NV	NV	10%

Task 17 Prepares and bakes choux paste products.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
10	6	24	9	10	6	10	5	5	5	NV	NV	9%

Task 18 Prepares and bakes quickbreads.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
5	7	2	7	5	4	9	11	2	15	NV	NV	7%

Task 19 Prepares and bakes, when necessary, custards and puddings.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
5	13	6	10	10	6	14	11	10	15	NV	NV	10%

Task 20 Prepares and bakes short pastry products.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
5	7	6	6	10	9	6	6	7	0	NV	NV	6%

Task 21 Prepares and bakes cookies and squares.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
10	14	12	9	5	7	1	12	8	15	NV	NV	9%

Task 22 Prepares parfaits, bombes and coupes.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
15	6	1	7	5	5	11	4	15	5	NV	NV	7%

Task 23 Prepares specialty desserts.

% NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
10	10	1	13	20	17	21	10	17	10	NV	NV	13%

BLOCK F **PREPARATION OF EGG AND DAIRY PRODUCTS**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	9	8	6	2	4	9	5	5	3	NV	NV	6%

Task 24 Cooks egg and dairy products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	100	100	100	100	100	100	100	100	100	100	NV	NV	100%

BLOCK G **PREPARATION AND COOKING OF MEATS, POULTRY AND GAME**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	20	17	13	15	24	17	18	14	12	13	NV	NV	15%

Task 25 Breaks down partial carcasses and bones, trims primal and secondary cuts and controls portions.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	10	10	20	20	35	22	10	23	12	40	NV	NV	20%

Task 26 Prepares poultry and game birds for cooking.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	10	20	20	22	15	26	32	19	30	25	NV	NV	22%

Task 27 Prepares stuffing and forcemeat for game animals, poultry and game birds.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	40	10	20	18	15	17	20	13	13	10	NV	NV	18%

Task 28 Cooks meat, poultry and game.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	40	60	40	40	35	35	38	45	45	25	NV	NV	40%

BLOCK H **PREPARATION, COOKING AND DRESSING OF FISH AND SEAFOOD**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	20	12	12	13	15	13	8	9	12	13	NV	NV	13%

Task 29 Prepares fish and seafood.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	25	15	20	24	30	29	30	23	25	20	NV	NV	24%

Task 30 Dresses fish, crustaceans and mollusks.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	25	10	15	19	30	22	16	14	25	15	NV	NV	19%

Task 31 Cooks fish, crustaceans and mollusks.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	25	35	40	32	30	34	24	38	30	30	NV	NV	32%

Task 32 Prepares fish, crustaceans and mollusks for service.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	25	40	25	25	10	15	30	25	20	35	NV	NV	25%

BLOCK I **PREPARATION OF COLD FOODS AND BUFFETS**

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	8	6	10	10	8	9	10	10	12	13	NV	NV	10%

Task 33 Prepares greens and mixed salads.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	20	18	14	5	12	16	17	10	25	NV	NV	14%

Task 34 Combines ingredients to prepare cold sauces, salad dressings and variations.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	10	5	10	10	15	8	10	10	15	NV	NV	10%

Task 35 Prepares mixed salads.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	10	5	9	5	16	8	10	8	10	NV	NV	9%

Task 36 Prepares cold appetizers and hors-d'oeuvres.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	20	15	6	14	25	15	8	10	14	10	NV	NV	14%

Task 37 Slices, carves and arranges cold meats, fish and seafood for buffets.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	10	10	6	10	10	8	11	13	13	10	NV	NV	10%

Task 38 Prepares gelatins, aspics and mousses.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	30	5	2	8	10	4	3	6	11	5	NV	NV	8%

Task 39 Prepares hot and cold sandwiches.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	15	8	12	15	9	19	15	8	15	NV	NV	12%

Task 40 Serves cheese and dairy products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	5	10	7	10	15	11	12	10	13	5	NV	NV	10%

Task 41 Performs duties related to a buffet.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	15	5	43	13	5	10	15	9	13	5	NV	NV	13%

BLOCK J BEVERAGES

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	1	2	2	2	2	1	3	1	2	0	NV	NV	2%

Task 42 Prepares hot and cold beverages.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	100	100	100	100	100	100	100	100	100	0	NV	NV	100%

BLOCK K PREPARATION AND COOKING OF FARINACEOUS FOODS AND CEREALS

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	1	8	9	7	6	9	6	7	9	6	NV	NV	7%

Task 43 Cooks rice.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	35	22	37	25	15	34	21	28	27	5	NV	NV	25%

Task 44 Cooks breakfast cereals.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	15	28	15	14	15	7	11	14	13	10	NV	NV	14%

Task 45 Prepares and cooks pasta.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	35	25	24	34	30	46	34	33	47	30	NV	NV	34%

Task 46 Prepares a variety of breakfast foods.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	15	25	24	27	40	13	34	25	13	55	NV	NV	27%

BLOCK L BASIC NUTRITION

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	1	4	4	4	3	4	6	6	6	1	NV	NV	4%

Task 47 Understands food products with regard to nutritional value, preparation, preservation and importance for health.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	50	50	60	53	50	51	60	55	42	60	NV	NV	53%

Task 48 Understands current health issues, menu planning and recipe modification.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	50	50	40	47	50	49	40	45	58	40	NV	NV	47%

BLOCK M COOKING AND CHILLING SYSTEMS

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	0	0	5	4	2	3	4	10	5	6	NV	NV	4%

Task 49 Retrieves and reheats stored cooked food products.

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	0	0	100	100	100	100	100	100	100	100	NV	NV	100%

BLOCK N PREPARATION, COOKING AND STORAGE OF FOOD ITEMS FOR BLAST-CHILLING

	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
%	0	1	1	3	3	3	4	6	5	6	NV	NV	3%

Task 50 Understands cook/chill concept.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	0	26	21	40	30	21	30	15	5	NV	NV	21%

Task 51 Prepares and cooks food items for blast-chilling.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	40	5	22	20	7	3	22	32	50	NV	NV	22%

Task 52 Blast-chills cooked food products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	20	0	5	5	3	3	8	3	5	NV	NV	5%

Task 53 Stores blast-chilled products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	0	21	10	5	5	16	8	10	5	NV	NV	10%

Task 54 Understands cook/freeze system.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	0	26	11	5	23	11	8	15	5	NV	NV	11%

Task 55 Blast-freezes cooked food products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	20	0	7	5	7	3	5	5	5	NV	NV	7%

Task 56 Stores blast-freezer products.

%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	20	13	9	5	4	4	8	10	5	NV	NV	9%

Task 57 Retrieves, tempers and reheats stored freezer products.

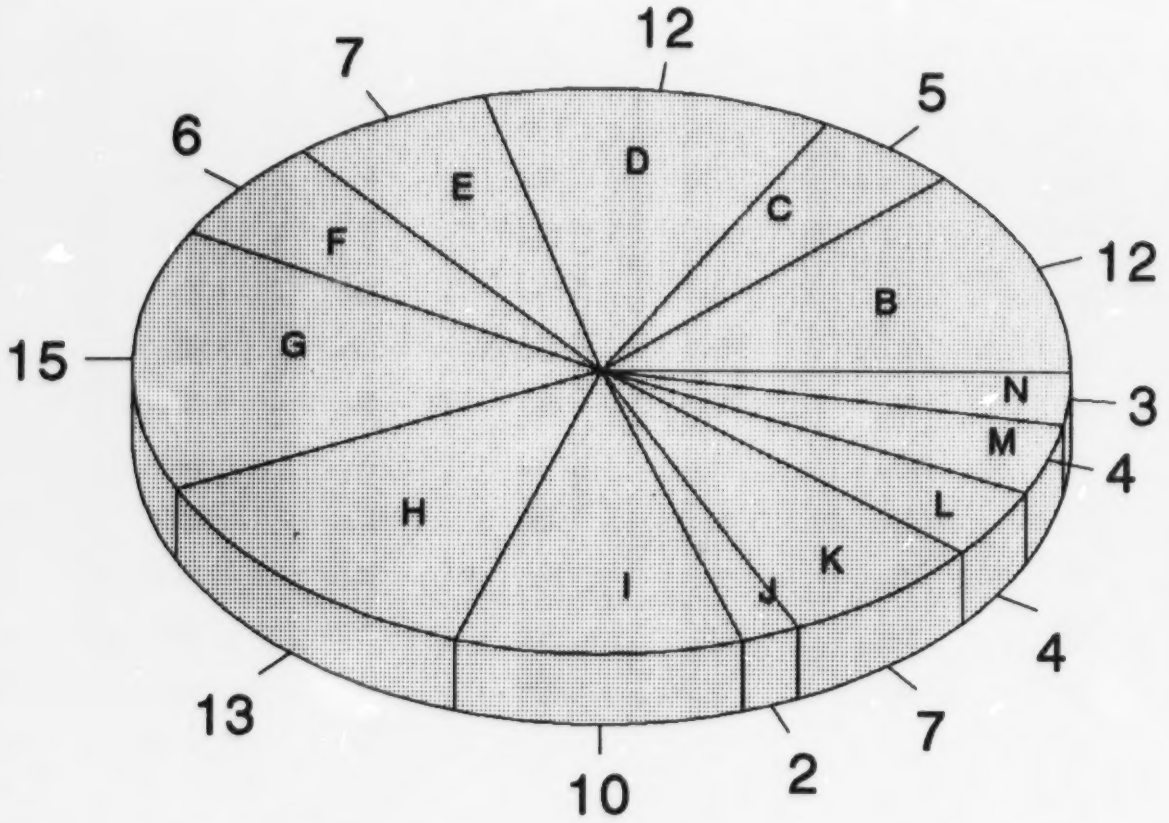
%	NF	NS	PE	NB	PQ	ON	MA	SK	AB	BC	NT	YK	Nat. Avg.
	0	0	9	15	15	21	39	11	10	20	NV	NV	15%

BLOCK PERCENTAGES

BLOCK PERCENTAGES*

Cook

Values in %



*National percentage of time a tradesperson spends performing the tasks in a block on an annual basis, taking into consideration their complexity (importance plus difficulty).

TITLES OF BLOCKS

A	SANITATION AND SAFETY PRACTICES**
B	CLEANING, PREPARATION AND COOKING OF VEGETABLES, FRUITS AND FUNGI
C	PREPARATION AND COOKING OF CONVENIENCE FOODS
D	PREPARATION OF STOCKS, SAUCES AND SOUPS
E	PRODUCTION OF BAKED PASTRY AND DESSERT PRODUCTS
F	PREPARATION OF EGG AND DAIRY PRODUCTS
G	PREPARATION AND COOKING OF MEATS, POULTRY AND GAME
H	PREPARATION, COOKING AND DRESSING OF FISH AND SEAFOOD
I	PREPARATION OF COLD FOODS AND BUFFETS
J	BEVERAGES
K	PREPARATION AND COOKING OF FARINACEOUS FOODS AND CEREALS
L	BASIC NUTRITION
M	COOKING AND CHILLING SYSTEMS
N	PREPARATION, COOKING AND STORAGE OF FOOD ITEMS FOR BLAST-CHILLING

** Since safety practices are a mandatory feature of all occupations, they are considered common core, ratings are not required and thus Block A does not appear on the chart.